

FORGET-ME-NOT

Motto: Pro Patria.
Flower: Forget-me-not.
Object: Progress, patriotism.

EDITOR'S CHAT.

Thoughts and Opinions Expressed by the C. C.—A Member Who Prefers Reciprocity to Preconceived Opinions.

HAVING VIEWS.

The following is an extract from a personal letter written by a well-known C. C.:

"Everybody seems to have views on subjects but me. I need to have views too, but I found they only distressed me and made me uncomfortable, so I gave up having set opinions, and now I am simply waiting for convictions."

"The views I did have I could not contain in an argument, although at heart I believed I was right."

The best advice to anyone in a like position is to simply wait. It is a mistake to form an opinion on a subject unless you are thoroughly imbued with the idea that you are right."

We must grow into our beliefs. We cannot deliberately say I will believe this or that, and stick to that opinion without retarding our intellectual growth. Conditions change, and if we are broad and progressive our opinions will change too."

Emerson says that "Consistency is a lack of growth," meaning that a stubborn clinging to old opinions, in spite of changing conditions, is the acme of narrowness."

This does not mean, however, vacillating and ever changing, never sure, but an unprejudiced, fair, evenly-poised mind, that can recognize the good and the bad points in a theory."

Beliefs are a growth, a gradual accretion of the mind through a long series of years; not a deliberate formation of an opinion without thought or deliberation."

It is a great mistake to suppose you are bound to discard a first belief because an ingenious opponent may ply you with questions which you cannot answer."

It is difficult, on the spur of a moment, to give the reasons which may be adduced to these opinions. These reasons from time to time have been brought to the cognizance of the mind, have wrought their work upon the convictions, and then have been forgotten."

The resilient beliefs, like the successive strata of the earth, remains as a sort of permanent deposit."

"This is the order of nature as well as mind. It is literally "live upon time, precept upon precept, here a little, there a little." Otherwise we should be ever adrift on the sea of opinions."

Cultivate a habit of tenacity in your opinions as well as in your course of life. Only be careful and honest in the first place in forming your opinions, and then be willing to place some confidence in them, and stand by them."

Do not give up your creed because some specialty man presses you with arguments that you cannot answer. You could answer them if you had made the subject a part of your life, as he or if you had time to review the steps by which you have come to the present stage of belief."

It is hard to be broad and charitable and tactful with others whose views differ from ours. We cannot all think alike, nor is it in the plan of life that we should."

All of our great reforms have been effected through differences of opinion and agitation. To gain use the words of Emerson: "Reform is only the result of private opinion."

Our advice to the C. C. without views is, "Grow and think, listen and observe, and observe, and the opinions will form themselves."

"ONLY NERVOUSNESS." Herman Canfield, M. D., in *The Healthy Home*, thinks the condition so often described as "only nervousness" is very serious. He says: "Nervous system, with its delicate, delicate and complex, transcending the crude chemical or physical operations of the stomach, liver or heart."

It is all that they are, but in addition it is the medium of thought, and in some sense the originator, as well as of sensation and motion; the automatic controller of all the organs of the body, the medium of all the perceptions of the world of the soul itself. It is a machine within a machine; a part of the whole human mechanism, yet the ruler of it all."

He says pneumonia, Bright's disease, and a hundred other diseases which correspond only to parts of an engine, and may for a time interrupt the working of even the whole machine; but when a person is "only nervous," the engine, the machine, the whole human mechanism, is out of order, and should have a prompt and thorough course of repairs."

For 15 years," he says, "my daily part of duty has lain among the sick, in hospital, private practice, and sanitarium, to witness all phases and degrees of human suffering, and I have seen, in my daily part of duty, the mental or physical, that can in the slightest degree equal that usually covered by the cant phrase, "only nervousness."

HAPPY HOUSEHOLD. The Two Graces—They Listen to Requests and Make More Than Two Hearts Happy.

GRACE DARALL'S FINE DESIRE. DEAR EDITOR: I saw your request for recipes, and will send you what I think very nice.

ORANGE PUDDING. Peel and slice four large oranges, put in a pudding dish, in which they are to be served, sprinkle one cup of powdered sugar over them; then prepare a soft custard as follows: Put a quart of milk on the stove, and when boiling stir in four tablespoons of sugar and the beaten yolks of three eggs, with a tablespoonful of cornstarch, and cook until thick and creamy. Beat the whites of the eggs to a stiff froth, spread over the pudding, and set in the oven a few minutes.

CAMEL CAKE. One cup sugar, one-half cup butter, one-half cup milk, one and one-half cups flour, two eggs, two tablespoons of baking powder. Filling: Two cups sugar, two-thirds cup milk, butter size of an egg. Bake 10 minutes. Stir while boiling and cooling.

APPLE CUSTARD. Two large sour apples, grated, two eggs (save whites for frosting), one cup of milk, one tablespoonful of melted butter, a little nutmeg. Sweeten to taste. Stir well. After baking spread over frosting and brown slightly.

MESSAGE TO THE C. C. Please say to the C. C. that I am spending the summer at my sister's, Mrs. E. V. Baylis, Glen Haven, Pa., and would be pleased to receive calls from C. C.'s in this vicinity.

I would like to correspond with the C. C. in Florida and California or Washington.

I want to thank the Editor for the articles in *The Household*, which are so practical and helpful, and for unfurling zeal in our club work, which must take a great deal of time and thought, and a sacrifice of personal pleasures.

With thanks again for help received, I am, yours of the Graces—A. Grace Darall, Glen Haven, Pa.

HAPPY HOUSEHOLD: I send the following directions for a roast leg in response to the request of Mrs. Hattie L. Morehouse, Asheville, N. C., which I think all the Loyal Home Workers will find quite nice.

Roast Leg: Gather the rose petals in the morning. Let them stand in a cool place, tossed up lightly for one hour, to dry off, then put them in layers, with salt sprinkled over each layer,

into a large covered dish—a glass berry dish is a convenient receptacle.

You can add to this for several mornings till you have enough stock—from one pint to a quart, according to the size of the jar—sit quiet, morning and let the whole stand for 10 days.

Then transfer it to a glass fruit jar, in the bottom of which you have placed two ounces cinnamon, coarsely ground, and as much stick cinnamon broken coarsely.

This may stand now for six weeks, closely covered, when it is ready for the permanent use. It may be used as you wish, and may be used to flavor your meats, soups, and stews.

Have ready one ounce each of cloves, allspice, cinnamon and mace, all ground (not fine), one ounce each of nutmeg and mace, and a few drops of oil of rose geranium or violet, and pour over the whole one-quarter pint of good alcohol.

This will last for years, though from time to time you may add a little lavender or orange flower water, or any nice perfume, and some scented a few fresh rose petals.

Grace E. Keyes, Canton, O.

CONVERSATION CLUB.

The Golden Number, or the Lunar Cycle, and the Dominical Letter, or the Solar Cycle—A Progress Series of Articles on Money—The Dear Old Home.

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